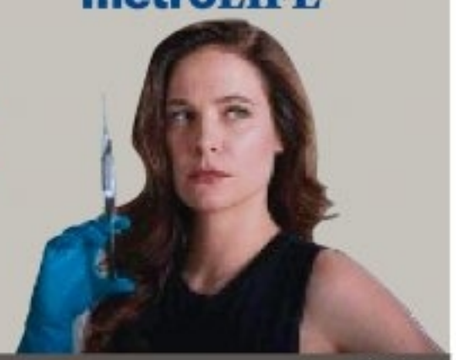
Vancouver metro

Your essential daily news | TUESDAY, JANUARY 24, 2017 | High 6°C/Low 3°C Cloudy



MARY KILLS PEOPLE

SOCIOPATH OR SAINT? YOU DECIDE

metroLIFE

EMERGENCY SITUATION

Vancouver to decide whether to spend $2.1M to help firefighters keep up with the opioid crisis metroNEWS

JEN ST. DENIS/METRO

'EMPATHY MACHINE'

Highway of Tears as seen through virtual reality

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UNDETECTABLE = UNINFECTIOUS

'Negligible' risk of HIV from people in treatment, proclaims new campaign

metroNEWS

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4 TOP PRIZES TO GO IN BC.

Philip B. – Mission BC

Melody M. – Kamloops BC

Steven L. – Vancouver BC

Amel E. – Whistler BC

Gerry & Bev – Gibsons BC

Joshua S. – Duncan BC

Annemarie & Keith – Union Bay BC

Michael W. – Kelowna BC

9

10

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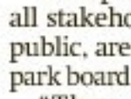
Your essential daily news

A self-driving bus is cruising around in the streets of Paris. **Business**

BC Hydro offer sparks interest

UPGRADES

Utility wants to make a deal with city, ready to pay cash



Wanyee Li
Metro | Vancouver

Vancouver could receive funding for two new schools and several park upgrades if the school and park boards approve BC Hydro's proposal of funding community amenities in exchange for a lease agreement that would allow them to build two underground substations in the downtown area.

The city centre's demand for electricity is projected to grow by more than 75 per cent in the next 30 years and two aboveground substations will soon be decommissioned due to age, according to a BC Hydro release.

Meanwhile, the Vancouver School Board has said it intends to ask for provincial funding for at least two downtown schools to meet enrolment demand in the coming years.

The so-called "Seed" proposal, which would see the electricity provider paying for park upgrades and schools, is the first of its kind in North America, according to BC Hydro.

It's a plan that could work if all stakeholders, including the public, are fully consulted, said park board chair Michael Wiebe.

"They are talking about threading the needle. If all the pieces fall into place, this would be a great win-win."

One of the projects that could be funded with BC Hydro's Seed proposal is a renovation of Emery Barnes Park in exchange for the park board leasing the land to the BC Hydro so that they can build a substation underground.
BC HYDRO/CONTRIBUTED

He says the board wants more details from BC Hydro, including information about financial return and health concerns of building a substation in a densely populated area. The proposal would fund a "refurbishment" of Yaletown's Emery Barnes Park and to-be-decided lump sum that the park board could use to build new parks or community centres. Wiebe confirmed the deal would be worth "tens of millions" of dollars.

> **If all the pieces fall into place, this would be a great win-win.**
> Michael Wiebe

Another large project listed in the proposal is the construction of substations under new schools, which would satisfy the region's power needs while creating more classroom space for children in the West End and Coal Harbour.

A Coal Harbour school could be built by 2020 and a West End school, next to the current Lord Roberts Annex, in 2025, according to BC Hydro. The substations would be built at the same time.

When asked how much money BC Hydro was offering in total, a spokesperson told Metro it was too early to say.

The Vancouver School Board's 2017-18 capital plan puts the potential budget for a Coal Harbour school at $21 million. The new West End school would replace the aging Lord Roberts building, the school board confirmed.

One of the first changes Vancouverites could see as a result of the proposal, if approved, is a complete facelift for Cathedral Park, which was built on top of an underground substation.

That substation is the first underground site in North America, according to BC Hydro.

Both the park board and City of Vancouver are encouraging residents to participate in BC Hydro's consultation process.

"The City is very interested in the public's input on BC Hydro's proposal, and encourages residents to participate in BC Hydro's engagement process," a spokesperson told Metro in an emailed statement.

BC Hydro is accepting public feedback on the proposal through an online form and open houses until Feb. 28.

The park board and school board will vote on the proposal on March 27th.

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Negligible risk of HIV cheered

DISEASE

Those with proper therapy not infectious, says campaign

David P. Ball
Metro | Vancouver

"Hey guys!" proclaimed a recent Facebook post from the Health Initiative for Men (HIM). "We're making it official: U = U! … UNDETECTABLE = UNINFECTIOUS!"

The big news unveiled by the Vancouver gay men's health organization may come as a surprise to anyone unfamiliar with the latest studies into how HIV is transmitted.

This month, HIM signed onto an international "consensus statement" based on evidence that "individuals with undetectable viral loads do not transmit HIV regardless of the kinds of sex they're having or the use of additional prevention methods like condoms or (pre-exposure prophylaxis)." HIM stated in its post explaining the campaign.

"The evidence has been coming in for a while, but we're joining others in saying it loud and clear," HIM stated. "Treatment as Prevention works, and there's no longer any doubt about it."

The post bridges B.C. residents with an international Prevention Access Campaign effort to undercut the stigma and fear that still surrounds people living with HIV/AIDS.

One of the signatories to the consensus letter is Vancouver's own Dr. Julio Montaner, who directs the B.C. Centre for Excellence in HIV/AIDS and is the physician program director for HIV/AIDS at Providence Health Care.

"We have been able to show that if you are adequately treated and you are a pregnant woman, your child will not be born with HIV," Dr. Montaner told Metro in a phone interview, "and that if you have a sex partner who is HIV-positive on antiretroviral therapy, your partner would be greatly protected even more so than using condoms."

But while he acknowledged the global campaign could "greatly contribute to diminishing stigma associated with HIV," his endorsement came with some important caveats.

"Antiretroviral therapy is only effective if it's taken properly," he cautioned. "Can it fail? Of course it can fail, and you cannot check your viral load at every moment."

Additionally, he warned, HIV therapies don't prevent other sexually transmitted illnesses nor prevent pregnancy.

"People need to be aware this is just one element of a complex situation," Montaner explained. "But from a narrow HIV perspective, I am delighted to say that antiretroviral therapy has prevented AIDS … and it has normalized the reproductive and sexual life of people infected with HIV.

"At end of day, stigma is all about fear. We have a lot of respect for the virus, believe me I do, but fear is inappropriate."

Dr. Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS, is one of the signatories to the global consensus letter — but his endorsement came with caveats. JENNIFER GAUTHIER/METRO FILE

You are invited to meet the **National Energy Board Modernization Expert Panel** and help shape the future of energy regulation in Canada.

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Learn about Indigenous participation:
neb-modernization.ca/indigenous-engagement-plan

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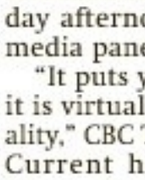
VR doc sparks conversation

HIGHWAY OF TEARS

Reaction to virtual reality project has been 'fascinating'



David P. Ball
Metro | Vancouver

Describing northern B.C.'s infamous Highway 16 — nicknamed the "Highway of Tears" because many women have gone missing there — is complicated.

"You have beautiful scenery when you're driving or if you're walking, you see the mountains; you see how dense the forests are," said Matilda Wilson, whose 16-year-old daughter Ramona was murdered along the route in 1994. "Still there's an eerie feeling that you're all alone there."

Wilson's story is the basis for a virtual reality documentary created for CBC's radio show The Current — the public broadcaster's first foray into VR — that's being screened and discussed Tuesday afternoon by an expert media panel in Vancouver.

"It puts you there because it is virtual reality," CBC The Current host Anna Maria Tremonti told Metro in a phone interview. "I spent 19 years in television, and I used pictures to tell a story ... compelling or disturbing pictures that would really grab you."

> **Virtual reality is sometimes called the empathy machine. People would say, 'I reached out' ... Suddenly, it's not somebody up on the screen.**
> Anna Maria Tremonti

But it was through observing audiences react to The Highway of Tears four-minute film — which Tremonti's show commissioned — in VR that the journalism maven realized the medium's power.

"They watch four minutes of the Highway of Tears and Matilda telling her story, but you're in the room with her," Tremonti said. "I watched people take off the 3-D glasses and they're deeply moved because they're there with her.

"Virtual reality is sometimes called the empathy machine. People would say, 'I reached out.' Somebody else said, 'I feel like a voyeur because you can see the shoes by the door.' Suddenly, it's not somebody up on the screen, which gives you that extension away from yourself. Everywhere you look, you're in her space, or everywhere you look you see the highway."

The scenes of Highway 16 in day and night, both from the ground and from a drone above, were very carefully crafted, explained its acclaimed Anishinaabe filmmaker Lisa Jackson.

Virtual reality offered "a more visceral sense of place" than conventional documentaries, she said in a phone interview. She was very careful to try to depict Highway 16 in its beautiful northern surroundings, not as inherently ominous or sensationally fearsome.

"There's a tendency to describe the Highway of Tears as a lonely, dangerous stretch of highway," she explained. "As an Indigenous filmmaker, I felt very strongly that the problem is not that territory, where indigenous people have been living forever.

"But there is the lack of transportation, the fact there are people murdering along that highway, and a history of racism that leads to differential investigations by the police depending on the colour of your skin. It's systemic; it's not about the territory."

Interviewing Wilson in her home, and allowing viewers to pan their view to see her daily surroundings — including her family photographs and even a collection of Elvis paraphernalia, Jackson noted — "humanizes the story."

"You can't replace sitting in Matilda's home and the intimacy you feel through VR," she said. "It takes it out of the headlines and makes it real.

"She's a person, a mother, not a statistic. There's a lot of power in that for me."

Tuesday's panel in Vancouver is scheduled to include Jackson, Tremonti, Gitxsan journalist Angela Sterritt, Skatin and Sts'ailes First Nations founder of Butterflies in Spirit Lorelei Williams, Nuxalk and Six Nations hip hop artist Jerilyn Webster, Kwakwaka'wakw scholar at University of B.C. Sarah Hunt, and Vancouver Sun reporter Lori Culbert, one of the first reporters to investigate missing women reports in the 1990s.

"CBC cannot take credit for this at all," Tremonti said. "Our print colleagues in various places have also stepped up and said, 'We need to cover this.'

"Let's face it, in big-city newsrooms indigenous issues were not always front-and-centre. If we can correct that, we should. It's a good lesson to all of us that we are only as good as we want to be in our own country, in terms of the stories we cover ... which is why our journalism in our own country, in our own backyards, down our own streets, is really important."

The Highway of Tears issue was on the B.C. media radar long before the rest of Canada took note, Tremonti said, and the new VR documentary actually completes a 15-year circle for The Current. The show's Vancouver-based producer, Joan Webber, in fact produced a radio documentary on the highway for The Current's inaugural episode in 2002.

But ultimately, Tremonti said, the credit goes back even earlier than the initial media reports on missing indigenous women in the 1990s — to the families and friends who persisted in telling their loved ones stories even when no one listened.

"People who have been looking for answers from officials, they have put it on a national agenda," she said. "Arguably, the national media was slow on this — but we don't have to be any more."

Highway of Tears can be viewed Tuesday from 3-6 p.m., followed at 7 p.m. by a free public forum on the role of media in covering missing and murdered indigenous women (forum tickets sold out, but some seats available for families of missing women). Both events will be held at CBC's Studio 700 (700 Hamilton St.).

1 Viewed through a 360-degree, 3-D lens of a virtual reality camera, Matilda Wilson (left) sits in her home with filmmaker Lisa Jackson during her VR documentary Highway of Tears for CBC's The Current. In front of them is an aerial drone used to film the highway on which Wilson's teenage daughter Ramona was murdered in 1994.

2 Highway 16 in northern B.C. is seen from an aerial drone used to film Lisa Jackson's virtual reality documentary Highway of Tears, the first VR project by the CBC.

CONTRIBUTED/CBC

Fund sites, not policing station

OVERDOSE DEATHS

Drug user advocate wants money put into prevention

Jen St. Denis
Metro | Vancouver

City council will decide this week whether to approve $2.1 million to immediately fund extra firefighters and a new community policing station to combat a deadly opioid overdose epidemic that killed 914 British Columbians in 2016.

But a drug users' group is strongly opposed to how $208,000 of that money will be spent: to create a new community policing station in Strathcona, a neighbourhood bordering the Downtown Eastside.

"This is a distraction," said Karen Ward, a board member of the Vancouver Area Network of Drug Users. "If we're putting money from this tax increase into policing, it's a diversion of public funds."

There were 80 per cent more opioid overdose deaths in 2016 compared to 2015, in large part because of the addition of the powerful synthetic opioids fentanyl and carfentanil to many street drugs. But Ward questioned how a new community policing station would help to save lives.

According to the staff report to council, the new community policing station will help to address safety concerns "regarding impact on the public realm, including discarded needles, lighting and debris."

Community policing centre volunteers would patrol the neighbourhood, identify needles, spread safety awareness "such as when tainted drugs are being sold in the community" and "assist people who may be using drugs along … and call for assistance in the event of an overdose."

City council added an extra property tax increase to help fund the total $3.5 million response. Ward believes public funds could better be spent opening more overdose prevention sites. She suggested that every single-room occupancy (SRO) hotel should host one of the sites. In November, Vancouver Coastal Health opened four sites in the Downtown Eastside, including one operated by VANDU, where people can inject drugs in the presence of trained volunteers who can administer first aid in case of an overdose.

> **It's putting Band-Aids on someone who is lying in front of us bleeding.**
> Karen Ward

Most people who have overdosed and died were using drugs alone at home, according to health officials. No deaths have occurred at the overdose prevention sites or at volunteer-run sites operating since September 2016.

"We need to have a serious discussion about regulation, about ending the war on drugs, about empowering people to live healthy lives," Ward said.

Karen Ward, on the board of Vancouver Area Network of Drug Users, would like public funding to go to overdose prevention sites, not a new community policing station. JEN ST. DENIS/METRO

"With drug users at the table, talking about the end of prohibition and opiate replacements that are expanded and safe for people who need it."

Firefighters inundated

When Capt. Jonathan Gormick worked at Fire Hall No. 2 in the Downtown Eastside a decade ago, the hall received 500 calls a month.

Today, it's 1,500, a three-old increase. Firefighters are often going from call to call their entire shift, said Gormick, public information officer for Vancouver Fire and Rescue Service.

The biggest chunk of money in the staff report is to create an additional three-person medic crew, at a cost of $1.9 million a year.

"I think it'll make a big impact on the staff … to have an extra 30 per cent capacity to at least dissipate that call volume across them, rather than alternately taking call after call after call," Gormick said.

Ward agreed that it was "necessary" to pay for more firefighters, but urged the city to do more.

"It's putting Band-Aids on someone who is lying in front of us bleeding."

Fire Hall No. 2 in the Downtown Eastside, where firefighters have been responding to three times the normal call volume since the opioid overdose crisis began. JEN ST. DENIS/METRO

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EDMONTON

Driver belongs with pros

Kevin Maimann
Metro | Edmonton

Stefan Rzadzinski

Four sleepless days on a cellphone put Edmonton race car driver Stefan Rzadzinski on track for the race of his dreams.

Rzadzinski took on the world's top drivers at the Race of Champions Nations Cup in Miami over the weekend — after gathering nearly 10,000 online votes to get there. What's more incredible is that he won two out of three heats, including superstar and 2016 Indianapolis 500 winner Alexander Rossi.

"The first couple days, it was pretty cool hanging out with all those guys. A lot of them are my heroes," Rzadzinski said. "But then on Sunday it was my one chance to do my thing, and just prove I could do what I knew I could and what I've been preparing for my whole life."

Uber, Airbnb bring privacy issues

TECHNOLOGY

Watchdog looks into complaints around sharing economy

Reports in 2014 revealed that Uber had the ability to track users' movements in real time. TORSTAR

The federal privacy watchdog is looking into complaints against so-called "sharing economy" companies for the first time, Torstar has learned.

In documents obtained under access to information law, privacy commissioner Daniel Therrien's office suggested sharing-economy companies such as Uber and Airbnb are creating a "growing risk" to Canadians' private information.

The key question, according to the documents, is who ultimately controls extremely sensitive personal information such as location data and financial information.

"In the sharing economy, certain personal information — going well beyond that traditionally needed for reserving lodging and hailing taxis — is collected to establish identity and trust," the documents read.

"It is of great concern what might happen with (personal information) in the sharing economy in the event of a breach, especially given lack of clarity regarding accountability."

In other words, unlike hailing a cab or booking a hotel room, some sharing-economy apps compile massive amounts of data on their users. A ride-sharing app can know where you usually travel — your work, your house, a favourite restaurant — and when you usually go there.

Therrien's office confirmed earlier this month they have now received a number of complaints about sharing economy companies potentially violating Canadians' privacy.

"I can tell you that we are still in the early stages of looking at this issue," Tobi Cohen, a spokesperson for Therrien, wrote in an email.

"I can, however, confirm that we have received several complaints tied to the sharing economy."

Cohen said the office would not go into any detail about the complaints, due to confidentiality provisions.

Torstar reached out to Uber and Airbnb, two companies considered standard bearers for the sharing economy. Uber Canada spokeswoman Susie Heath said the company "(doesn't) have anything to add" to the issue. Repeated requests to Airbnb were not returned.

TORSTAR NEWS SERVICE

PAST CASES

Uber has run into its fair share of privacy concerns south of the border.

- **A December 2016 report** from the Centre for Investigative Reporting suggested employees at the "ride-booking" company could track the movement of ex-spouses, celebrities and politicians.
- **In 2014,** reports revealed the company had a "God View" of their service, which could track users' movements in real time.

A past float in the Apple Blossom Festival. TC MEDIA

NOVA SCOTIA

Diversity and beauty go hand in hand

A Nova Scotia festival that has crowned a queen for more than 80 years is opening up the competition to people of all genders and gender identities.

The Annapolis Valley Apple Blossom Festival has removed long-standing restrictions and will now accept all male and female candidates as long as they have graduated from high school or an equivalent program and are between 18 and 23 years old.

Alxys Chamberlain, the festival's vice-president, said Monday that includes transgender candidates.

"To my knowledge, we have not (previously) had a candidate who identifies as transgender," Chamberlain said.

Organizers say they are reaching out to a wider group of people and wanted to make the event more inclusive by removing barriers that once prevented women with children or who had been married from participating. Candidates also had to be single during their reign and could not be pregnant.

"These changes will be beneficial in promoting inclusion within the entire Annapolis Valley," Chamberlain said in a statement. "This will allow new leaders to come forward and be ambassadors for their communities."

Chamberlain said the new rules mean the winner of the leadership competition would be dubbed Queen Annapolisa or just Annapolisa, if both men and women compete. She says if all of the candidates identify as male, the awarded title would be King Annapolisa.

Chamberlain said people in the area have largely welcomed the changes, some of which the board made previously, before this year's candidate's agreement was released.

"The response from the public has been overwhelmingly positive," she said, adding that the mandate is to "promote young Valley leaders and to help prepare candidates for the business world."

The contest, which begins May 24, started in 1933 and judged candidates on their "personality, intelligence, clarity, maturity, poise and overall demonstrated representative behaviour."

THE CANADIAN PRESS

Trade agreements under threat

TRANS-PACIFIC PARTNERSHIP

U.S. pulled out of 12-country Pacific Rim deal

Setting itself apart from a never-say-die Japan, Canada resigned itself to the death of the Trans-Pacific Partnership on Monday after President Donald Trump made good on his promise to pull the United States out of the trade pact.

Trump called getting out of the TPP "a great thing for the American workers" as he signed an executive order formally removing the U.S. from the controversial 12-country Pacific Rim deal.

There was no immediate comment from Prime Minister Justin Trudeau or Foreign Affairs Minister Chrystia Freeland, who are in Calgary for a two-day cabinet retreat where how best to deal with the Trump team is the main preoccupation.

Canada had been taking a wait-and-see approach to the TPP, with the Liberal government launching a sweeping consultation that appeared designed to postpone a decision until the U.S. resolved the question of whether or not to take part.

> **A TPP without the U.S. would be incredibly difficult.**
> Yoshihide Suga

Asked whether the government believes the deal can be salvaged, Freeland spokesman Alex Lawrence would only say: "The agreement cannot enter into force without the United States."

Japan, however, continued to cling to the hope that there was room to salvage the deal by changing Trump's mind.

"A TPP without the U.S. would be incredibly difficult, but we do have a window until 2018, when the treaty needs to be ratified," Yoshihide Suga, a top adviser to Japanese Prime Minister Shinzo Abe, told American broadcaster CNBC.

"We believe we still have an opportunity to convince the U.S. about the importance of free trade."

Abe has personally met Trump to push the merits of the deal. Japan has also urged fellow TPP countries, including Canada, to push Trump to reconsider.

THE CANADIAN PRESS

President Donald Trump gestures in the Oval Office on Monday at the White House. AFP/GETTY IMAGES

TRUMP ADMINISTRATION DIGEST DAY 4

Trump moves to pull plug on federal hiring, international abortion funds

President Donald Trump signed memorandums freezing most federal government hiring — though he noted an exception for the military — and reinstating a ban on providing federal money to international groups that perform abortions or provide information on the option. The regulation, known as the "Mexico City Policy," has been a political volleyball, instituted by Republican administrations and rescinded by Democratic ones since 1984.

Senate debates CIA pick

The Senate on Monday debated whether to confirm Trump's pick to run the CIA, as Democrats raised questions about whether he is transparent in his beliefs about Russia's meddling in the U.S. election and how he feels about torture.

Senate Republicans had hoped to vote on Rep. Mike Pompeo's nomination Friday, after Trump's inauguration. But Democrats succeeded in stalling action until they could debate. Sens. Ron Wyden of Oregon, Richard Blumenthal of Connecticut and Patrick Leahy of Vermont objected to what they said was a "rushed confirmation" and demanded more time.

'SNL' writer suspended for tweet about Barron Trump

"Saturday Night Live" writer has been suspended indefinitely after tweeting a poorly received joke about Trump's 10-year-old youngest son, Barron.

A source not authorized to speak publicly said that Katie Rich was suspended after writing an offensive tweet about the child. An outcry on social media followed, with many calling for a boycott of the show.

'Net neutrality' foe Ajit Pai is new FCC head

Trump has picked a fierce critic of the Obama-era "net neutrality" rules to be chief regulator of the nation's airwaves and internet connections.

In a statement Monday, Ajit Pai said he was grateful to the president for choosing him as the next chairman of the Federal Communications Commission. Several reports last week had said he was the pick.

Pai had been one of the two Republican commissioners on a five-member panel that regulates the country's communications infrastructure.

THE ASSOCIATED PRESS

NAFTA's fate unclear

Prime Minister Justin Trudeau will meet the new U.S. president within the next several weeks, as the incoming American administration talks to its northern and southern neighbours about a revised North American Free Trade Agreement.

A spokesman for Donald Trump confirmed the upcoming discussions as he held his first daily White House briefing Monday and took questions on trade, counter-terrorism and a dispute over him making misleading statements. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, January 24, 2017

ROSEMARY WESTWOOD ON MARCHES TO COME

Whatever took you to the streets last weekend must propel you elsewhere. The resistance takes perseverance.

Young girls lead hundreds of people at the Women's Memorial March in Vancouver in February 2015. The march, held annually to honour missing and murdered women, is an example of protest actions that newly energized women's-march veterans could consider supporting. THE CANADIAN PRESS

I'll speak for myself, but I doubt I'm alone: Saturday was euphoric. The sheer numbers of marchers, the global solidarity, the creativity, the humour, the anger, the joy.

The rebellion.

I couldn't comprehend the swell of emotion, even as I felt it. I watched the faces pass me by — thousands of faces — and wondered who they were, and where they came from. I loved them all, these strangers in solidarity, who "put their bodies where their beliefs are," to quote Gloria Steinem in Washington.

"The next 1,459 days of the Trump administration will be 1,459 days of resistance," noted the feminist and civil rights activist Angela Davis, to the same crowd.

It cannot, the message was repeated, be only one instance of action. Whatever took you to the streets on a winter morning must propel you elsewhere, in days to come. The resistance, as it has been dubbed, takes perseverance. Even in Canada.

It would be arrogant to think that the forces that brought Donald Trump to power will skip the 49th parallel. They're already here. They're evident in Kellie Leitch and Kevin O'Leary, both vocal supporters of Trump's tactics and campaign. They're evident in The Rebel — Ezra Levant's project — which seeks to be the next Breitbart, one more hub to advance white nationalist views.

Reproductive rights, one of the loudest cries from protests around the world, are not done and dusted in the True North. There are communities where abortions are still hard to procure, especially remote communities. There are provinces that still enforce far more red tape — costing women time and money — than needed. Now that the abortion pill — Mifegymiso — is finally available, decades after it should have been, women in Canada will still face cumbersome requirements that could make it harder and costlier to get.

The fight to end violence against women remains crucial, here, as everywhere, for women facing abuse from partners, for women facing sexual violence, for women of colour, immigrant women, and Indigenous women.

The fight to bring racial equality to Canada remains, in the Black Lives Matter movement, in Indigenous rights on and off reserve.

The fight against climate change continues to be urgent. As does the need to support women with disabilities, who also face high rates of sexual violence and many other challenges.

If you're wondering where I got all these talking points from, then perhaps you didn't spend enough time on the Women's March website. It was all there. Before the march, organizers released what was hailed as the most inclusive and progressive agenda many had seen. And in its recognizing that women's rights are entangled with all fights for equality, it almost epitomized intersectional feminism.

The march also declared hundreds of supporting organizations, which represent a plethora of issues. You could — and should — support any one of them, or research organizations in your own city that hold your same views, and put your time, money and body again where your beliefs are.

There is also the no small matter of your elected officials — your city council and mayor, your provincial representation, your member of parliament — who are required to listen to the issues you care about, and who may respond to the pressure.

Perhaps march organizers could have done more to point the thronging crowds in the direction of future efforts, though some tried. In Toronto, people passed out pamphlets on the fight for a $15 minimum wage. In Victoria, organizers urged people to attend an upcoming Stolen Sisters Memorial March for missing and murdered indigenous women and girls.

At the Washington march, activist and actress America Ferrera told the crowd to text "women" to 40649 to be signed up for information on activism to come. Today, the Women's March released 10 actions in 100 days — an agenda for activism to come.

Every person who made the decision to march has my gratitude. But it is also up to each of us to decide what is next.

So if you do not want this fire to end, don't let it.

If you do not want this fire to end, don't let it.

Rosemary Westwood is a former Metro national columnist. She lives in New Orleans.

Indigenous culture must take centre stage for Canada 150

CITY HOLLER
Trish Kelly

Many of us have already spent much time wondering what kind of year 2017 will be.

Not even a month in and we've already cringed through the U.S. inauguration, soared with hope after impressive turnouts at worldwide women's marches, and probably slacked on a few personal resolutions we dreamed up three weeks ago. In 2017, we also hit an important national milestone: our 150th anniversary of Confederation.

Vancouver's municipal government doesn't usually play a big role in Canada Day celebrations. Sure, the deputy mayor will show up at some events, but the city usually leaves the Canada Day planning to the community itself. But the feds are pretty keyed up for the big 150 and have been waving around a lot of cash for Vancouver to make a big fuss. Vancouver has agreed to come on board, and it's a moment when we can be very proud of the city where we live, and the people who run it.

This year, Vancouver will host as well as support a variety of festivals, and public art exhibits under the title of Canada 150+, recognizing the Indigenous history of Canada that dates back well before our official Confederation.

The idea, which city council will vote on tonight, originated from the city's Urban Aboriginal Peoples Advisory Committee, who suggested that the city use the 150th anniversary of Canada's confederation as a time to celebrate Indigenous culture, and walk our talk as a City of Reconciliation.

Vancouver is doing its homework. The City is in the process of signing Statements of Co-operation with the Musqueam and Tsleil-Waututh First Nations, and already has one signed with the Squamish Nation. They're also working with Reconciliation Canada, and partnering on a Reconciliation Walk set for Sept. 24.

The walk will be one of three signature events produced by the city itself. The other events are a Gathering of the Canoes for the three local partner First Nations, and The Drum is Calling Festival in July, which will include interactive programming of traditional and contemporary Indigenous and cross-cultural performances, sports, fashion and of course, food.

Total spending from federal, municipal and other sources is estimated at $6.2 million. That should be enough to put on one heck of a party, but it's important for another reason. For 150+ years those who colonized Canada have profited at the expense of Indigenous peoples. Our settler governments used public funds to conceal the abuse of First Nations people and continue to use funds to fight legal battles against First Nations over resource extraction while denying adequate funding for basics like safe drinking water.

Any commemoration of our nationhood must include these tough truths and measurable actions to repair this internal rift in our country.

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metro LIFE

Your essential daily news

Canadian Alessia Cara will make her Saturday Night Live debut on Feb. 4

She's an elegant mercy killer

INTERVIEW

Much like her new character, actress has two sides to her

Chris Alexander
For Metro Canada

Caroline Dhavernas sees her lead character in Global TV's new series Mary Kills People as 'a bit of a pioneer'. CONTRIBUTED

The first five minutes of Global TV's new series Mary Kills People doesn't mess around. In it, beautiful young doctor Mary Harris sits at the bedside of a wealthy man in the final stages of an agonizing illness. As she mixes a deadly cocktail, she explains how this potent potion will do what the man wants: it will end his life. As Mary watches the man quickly slips into the ether, she never leaves his side. But then something goes wrong.

We won't tell you what happens next, but the entire scene encapsulates the emotional and visceral complexity of the six-episode series (which premieres on Global in Canada on Wednesday and on Lifetime in the U.S. on April 23) and gives us a fully realized peek into the plight of its protagonist, deftly played by Quebec-born actress Caroline Dhavernas. Dhavernas is the heart and soul of a show that, using dark humor and wrenching drama, taps into a very real, controversial social issue, that of assisted suicide.

"I think what drew me most to Mary Kills People is that way that (series creator) Tara Armstrong has handled such an important subject," Dhavernas tells Metro.

"There's lots of grey zones here. As there should be. And Mary is a woman filled with contradictions. As the show progresses, you will find out that she's not just doing this to help people, she's also doing this for personal reasons."

While Mary is mostly righteous in her mission, she's in essence a criminal. Though medically assisted dying has been legal in Canada since June 2016, Mary Kills People takes place in a world where it's not, meaning Mary is forced to live a double life as an ER doctor and single mother of a teenage daughter, while being trailed by police like the serial killer that legally, she is.

"These moments where Mary is taking human life are so intimate and meaningful for her," Dhavernas insists.

"And the fact that there is the illegal aspect to her work is also probably equally meaningful for her. But she's not a sociopath. She's doing this out of empathy and I see her as a bit of a pioneer, evolving in a world where she cannot progress in a controlled environment. She has to get away with it. Morally, it's a very intriguing character. And not all of the characters she encounters on her journey agree with her."

It's a joy to see Dhavernas take on such a rich character and be center stage in a series of this calibre. The prolific actress is perhaps best known for her work with noted TV writer and showrunner Bryan Fuller in hit shows like Wonderfalls and Hannibal, but before she became a celebrity in the English-speaking world, she was first a star in French Canada, appearing in Quebecois film and television since childhood. She continues to do so.

> **She's not a sociopath, she's doing this out of empathy.**
> Caroline Dhavernas

"It's funny, because I have this duality," says the actress.

"There are those two solitudes, it's true. I have been working in Quebec as an actor since I was eight years old, so when I moved to New York when I was 21, it was strange — no one knew who I was! So I had to start again. But the beauty of it was that I had all this experience as an actor under my belt."

And though the first season of Mary Kills People consists of just six episodes, we'd certainly like to see more of Dhavernas' elegant mercy killer on screen. So would she.

"There are talks to do a second season and I hope there is. The writers already have some great ideas. I guess we just have to see how well this first round does."

Mary Kills People airs Wednesday, Jan. 25 at 9 p.m. on Global Television.

JOHANNA SCHNELLER WHAT I'M WATCHING

Praying for some holy logic

THE SHOW: The Young Pope, Season 1, Episode 2 (HBO)
THE MOMENT: The marketing meeting

Pope Pius XIII (Jude Law) is having the first meeting of his new papacy — with the Vatican's marketing expert, Sofia (Cecile de France).

She tells him that a sizeable slice of the Vatican budget relies on merchandise bearing the Pope's image. He holds up a plain white plate.

"This is the sort of merchandise I'm prepared to authorize," Pius says. He tells her there will be no images of him, not even photographs.

She tells him he's committing media suicide. He counters that the most important cultural figures are enigmas: Salinger, Kubrick, Banksy.

Sofia says he's not an artist, but a head of state. "Yes," he replies. "And in order to survive, its leader has to make himself as unreachable as a rock star."

She nods, intrigued. "The Vatican survives on hyperbole," he says. "So we will generate hyperbole in reverse."

I've seen three episodes of this series, and I still don't get it. On the one hand, it depicts Pius as modern and irreverent, the wily boss of a large corporation. On the other, he's full of fire and brimstone about God. I'm fine if a main character is unpredictable, but there has to be a logic, an inevitability to what he does.

Series creator Paolo Sorrentino is in thrall to images. Nuns playing slo-mo soccer, the Pope's red shoes. He wants images of the Pope shocking people. He wants images of the Pope praying fiercely. He doesn't care if so far, he doesn't have a through line there.

But so far, I do.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Jude Law's Young Pope is depicted as a wily corporate boss but also full of religious fire and brimstone. CONTRIBUTED

Working hard on a cure for shyness

ADVICE

If your nerves keep you from finding love, it's time to talk

Sofi Papamarko
Torstar News Service

Putting yourself out there romantically can be all kinds of scary. The simple act of asking somebody on a date can prompt sweaty palms, an elevated heart rate and other symptoms related to anxiety. Love is fight. Love is flight.

As a wise man once said, "shyness is nice, but shyness can stop you from doing all the things in life you'd like to."

It takes courage and some measure of self-confidence to ask somebody out. But what if you have neither? Then you might just be love-shy.

The Forty Year-Old Virgin is a movie concept that supposedly borders on the absurd, but it's astonishing how many matchmaking clients I meet in their 30s, 40s and beyond who have never dated. It's not because there's anything wrong with them; in fact, they happen to be particularly introspective, intelligent and sensitive people. It's just that they're too afraid of rejection to express romantic interest in anyone — ever.

"Shyness has always been an issue for me," a recent matchmaking client explained. "If there's an attractive woman, I can only steal glances. I have never had the courage to ask anyone out. At work, it feels too risky to ask single co-workers on a date in case it doesn't end well."

If an overwhelming fear of romantic rejection sounds silly to you, consider your own fears and how unreasonable they may seem to others. Spiders? Heights? Clowns? Fear is fear; sometimes those fears can be as debilitating as they are unfounded.

"The fear of rejection can stop us from taking risks and the problem is exacerbated if we are extremely attracted to the other person," says Christopher Gray, author of From Shy to Social: The Shy Man's Guide to Personal and Dating Success and a formerly love-shy person.

"Attraction raises the stakes. In reality, it's not the end of the world when we are rejected. In fact, rejection is a normal part of life. You may not realize it at the time, but rejection has the potential benefit of forcing us to improve ourselves, for a greater chance of success in the future."

Talking through your anxieties with a therapist and/or doing CBT (Cognitive Behavioural Therapy) can help. But you can also tackle this by taking a lot of smaller steps, which is how Gray eventually overcame his own love-shyness.

"The first step was recognizing that it was a personal problem, not a problem with society not giving shy guys a chance," he says. "I took several courses designed to get me out and interacting with people, including acting and improv."

Over time, Gray gained the confidence required to initiate friendly conversations. Once that got easier, he began asking women out. "I experienced plenty of rejection along the way, but over time my success rate got better, leading to a normal dating life and eventually to a very rewarding relationship."

Being love-shy is a challenge that can be overcome with determination and support. If you live with love-shyness, know that you're not doomed to repeat the same lonely narrative for the rest of your life. Remember that you're worthwhile and worthy of love. It's time to get out of your own way.

Sofi Papamarko is a writer and matchmaker who lives in Toronto.

Attraction may raise the stakes, but according to one expert, it's not the end of the world when we are rejected, as long as we learn lessons to take forward. ISTOCK

DOCUMENTARY

Every minute counts in drive to ease Alzheimer's epidemic

In 2004, PBS aired a film about Alzheimer's disease.

The grim takeaway:

- It's incurable and deadly.
- With the aging of the U.S. population the number of cases is skyrocketing accordingly.
- The cost of this coming epidemic is destined to be financially ruinous, not only on an individual basis, but also as a public-health crisis.

That was then, in 2004. But the situation has grown only more dire, says an important new documentary, Alzheimer's: Every Minute Counts, which airs Wednesday at 10 p.m. EST on PBS.

According to this program, there are now more than 5 million Americans with Alzheimer's disease, with the number projected to soar by 55 per cent by 2030, while future costs associated with it threaten to bankrupt Medicare, Medicaid and the life savings of millions of Americans.

Alzheimer's: Every Minute Counts was produced and directed by Elizabeth Arledge, who a dozen years ago produced the Emmy-winning The Forgetting: A Portrait of Alzheimer's.

A daughter cares for her mother diagnosed with a genetic form of early-onset Alzheimer's in Every Minute Counts. AP

That report mainly focused on the human tragedy of a degenerative brain disease that sentences each victim to a progressive loss of memory and sense of self and, over time, an inability even to swallow and breathe.

For her new documentary, Arledge has taken a different tack.

"This is not another examination of the heartache," she explained recently. "Instead, it's more about how this personal tragedy is now going to become a tragedy for the whole country if nothing changes in the trajectory of the disease. We look at the epidemic as a main character in the film."

All in all, Every Minute Counts is an alarming hour. But it isn't without hope.

"There are a lot of promising things in development," says Arledge. "With enough support to bring them across the finish line, they could make a difference in the next five or 10 years.

THE ASSOCIATED PRESS

DINE OUT™ VANCOUVER FESTIVAL BRINGS GOOD EATS TO THE STREETS

Dine Out™ Vancouver Festival's Street Food City is back! From now until Sunday, January 29, celebrate the city's vibrant food truck scene with a visit to the sixth annual *Dine Out*™ "food truck pod", grouped along Howe Street, between Georgia and Smithe streets. Food carts, tables and seating are available on the 800 Robson Street Plaza. There are no reservations available or required for this colourful pop-up.

Presented by Tourism Vancouver, StreetFood Vancouver Society and the Downtown Vancouver Business Improvement Association (DVBIA), this popular event features something for every craving – from crisp lumpia (spring rolls) at Fliptop Filipino Fusion to a rib-sticking serving of beef bourguignon at C'est Si Bon, to a crunchy Sicilian pastry filled with cream courtesy of Cannoli King, and much more. Whether it's a fully loaded hot dog from Dougie Luv, a wood-fired sandwich from Via Tevere Neapolitan Express, or spicy jerk chicken from The Reef Runner, guests are sure to leave Street Food City satisfied.

Partial proceeds from Street Food City's *Dine Out*™ Vancouver specials will be donated to A Loving Spoonful, a volunteer-driven, non-partisan society that provides free, nutritious meals to people living with HIV/AIDS in Metro Vancouver.

More than 25 exotic food trucks will rotate throughout the week-long festival, and will be open for business from 11am – 3pm, Monday to Friday; and from 11am – 5pm, Saturday and Sunday.

Street Food City will feature the following trucks and carts:

Aussie Pie Guy	*Super Thai Food*	*Fat Duck Mobile Eatery*	*Via Tevere Neapolitan Express*
Roaming Dragon	*Culver City Salads*	*The Kaboom Box*	*Melt City*
C'est Si Bon	*Tacofino*	*Feastro The Rolling Bistro*	*Vij's Railway Express*
Rocky Point Ice Cream	*Disco Cheetah Korean Grill*	*The Reef Runner*	*Mom's Grilled Cheese Truck*
Cannoli King	*Taste of Malaysia*	*Fliptop Filipino Fusion*	*Yolks*
Slavic Rolls	*Dougie Luv*	*Urban Wood Fire Pizza*	*Reel Mac and Cheese*
Community Pizzeria	*Taters – The Baked Potato Co.*	*Le Tigre Cuisine*	

For the full details: **DineOutVancouver.com**

BRIANNA PRASLOSKI / FOR TOURISM VANCOUVER

Gossip DIGEST

ANIMAL RIGHTS

PETA to at protest A Dog's Purpose screenings

Animal rights group PETA tells TMZ it has plans to protest outside theatres showing A Dog's Purpose, the film that's earned controversy for its alleged mistreatment of a German Shepherd during filming.

A behind-the-scenes video posted by TMZ on Jan. 18 purports to show the dog, named Hercules, distressed and struggling with a handler as he is forced into churning water during filming in Winnipeg.

The gossip mill reports protesters may be planning to shame anyone buying a ticket at the box office to the new film, starring Dennis Quaid. The organization that ensures animal safety in U.S. film and television productions said last week it would launch an investigation into the incident, and suspended its own safety representative on the set. COLIN MCNEIL/METRO

WHAT'S IN A NAME?

The Last Jedi revealed as new Star Wars movie title

Star Wars: Episode VIII finally has a title — The Last Jedi. The Walt Disney Co. announced the title for the next chapter in the Skywalker saga on Monday. Star Wars: The Last Jedi will be released Dec. 15.

Speculation over just who the last Jedi is immediately ran rampant on social media. The Force Awakens chronicled Daisy Ridley's Rey discovering her powers with the Force, but ended ominously with a withdrawn Luke Skywalker (Mark Hamill) on a remote island. If there's to be just one Jedi left, Luke's days could be numbered.

In an interview at the Sundance Film Festival, Hamill (above) said he liked that the title was "straightforward" and "minimalist."

THE ASSOCIATED PRESS

ANGRY INUK

Doc about anti-sealing movement honoured at fest

Angry Inuk has been crowned winner of the people's choice award at Canada's Top Ten Film Festival.

The organization that runs the Toronto International Film Festival selected the documentary as one of 10 homegrown features in the lineup for the event, which concludes on Thursday.

THE CANADIAN PRESS

Girls just wanna have fright

FILM PRODUCTION

First all-female horror project breaks barriers at Sundance

Directors Roxanne Benjamin, from left, Annie Clark, Jovanka Vuckovic and Sofia Carillo collaborated on the horror anthology, XX, which will get its theatrical release February 17. TAYLOR JEWELL/INVISION/AP

Most people would say the main purpose of horror film is to scare the bejeebers out of us.

Not the women behind XX, the first all-female horror anthology, which had its world premiere early Monday at the Sundance Film Festival. They see fright films as a form of empowerment and advancement.

"It was created in direct response to the lack of opportunities for women in film, particularly in the horror genre," Toronto writer/director Jovanka Vuckovic told a packed and cheering audience at the Library Theatre, which braved a very dark and snow-stormy night to attend the midnight screening.

"We're very, very happy that you're all here to share this historic moment with us ... I think that the horror genre is badly in need of new perspectives and women have that to offer in spades."

The films had three rules, said Vuckovic, who is also one of the producers of XX: they had to be written by women, directed by women and star women in key roles.

Vuckovic, an award-winning filmmaker whose first short The Captured Bird was executive produced by horrormeister Guillermo del Toro, wrote and directed The Box, the first of the four mini terrors, each about 20 minutes long, that are bundled in XX. The anthology is scheduled for a Feb. 17 theatrical release.

Filmed in Toronto, The Box begins aboard a crowded TTC train where a frazzled mother (Natalie Brown) is taking her two young children, a son and a daughter, home for supper after an exhausting day of fun. They sit next to an odd little man holding a large present, brightly wrapped in red paper, who offers a peek inside to the curious son.

What happens next needs to be seen, not described, but it's not out of place to mention that a scene from Night of the Living Dead will pop up on the family's TV screen later that night.

The other shorts are The Birthday Party by Annie Clark, aka the pop star known as St. Vincent, who makes her directorial debut with XX; Don't Fall by Roxanne Benjamin, who made her directing debut with the male-dominated 2015 horror anthology Southbound; and Her Only Living Son by Karyn Kusama, whose groundbreaking female boxing film Girlfight won the 2000 director's prize at Sundance.

I think that the horror genre is badly in need of new perspectives and women have that to offer in spades.
Jovanka Vuckovic

The four films are connected by a wonderfully sinister animated sequence involving a creepy doll, directed by Sofia Carrillo, who has obviously seen a Tim Burton film or two, and who really qualifies as the fifth director of this anthology.

"I think what we're trying to do is show that (horror) is not all just that one thing that people have the image of," Benjamin said. "It's many things. It's that sense of creeping dread, it's building tension, unease."

Is there something about the XX shorts that makes them particularly female?

Only, perhaps, in that three of the four films involve a mother or maternal figure attempting to shield children from advancing terror.

As with male-directed horror films, there's no shortage of blood, gore, screams, jump scares and things that go bump in the night.

The four films within XX are all strikingly original, with the exception of Kusama's Her Only Living Son, which borrows a little too freely from Roman Polanski's Rosemary's Baby.

Kusama was the only one of the XX directors not present at the screening. She skipped Sundance so she could participate in the Women's March on Washington over the weekend to protest the new administration of U.S. President Donald Trump.

She sent a note, read to the audience, about how she views Trump's rise as a form of evil that horror films can help exorcise.

"I think we're seeing very clearly that there is indeed evil in the world," Kusama wrote. "And I'm happy that the four of us have a chance to interpret, give voice to and resist some of that evil."

TORSTAR NEWS SERVICE

LUCA STRIKES

Italian director's arthouse drama wows Sundance

Sundance audiences and critics alike are swooning over Luca Guadagnino's Call Me by Your Name, a coming-of-age drama which had its world premiere Sunday evening.

Adapted from André Aciman's 1980s-set novel of a young man's sexual awakening, it stars Armie Hammer as a visiting American scholar staying for the summer at the northern Italy family abode of a teenager played by newcomer Timothée Chalamet. A relationship begins, very slowly, allowing viewers to drink in the intoxicating sights and sounds of Guadagnino's exquisite film.

Recalling Oscar likely Moonlight, it's a rich arthouse experience that may cross over to the mainstream. TORSTAR NEWS SERVICE

LEARNING CURVE

The courses of the future

ISTOCK

Welcome to 2017, and to a world that's evolving moment to moment. What better way to keep up than with a curriculum full of courses that focus on the not-so-far-off future? So grab your jet-propelled backpack and digitized desktop, because tonight you're gonna study like it's 2999.

Computational Thinking
University of British Columbia
Can't code to save your life? No problem. This brand new course on computational thinking, a term made popular by vice-president of Microsoft Jeannette Marie Wing, acknowledges that you don't need to be a computer scientist to tell your laptop who's boss. Students are taught to think in a systematic way so they can tell computers how to perform complex tasks without the help of complicated codes.

Artificial Intelligence
Guelph University
Steven Spielberg showed us the scary side of this ever-controversial and ever-evolving concept in the 2001 film A.I., but with a little extra knowledge perhaps the idea of an oh-so-clever, conversation-starting computer might not be as disconcerting? Students of this course will delve deeply into related topics such as Bayesian techniques, artificial neural networks, evolutionary computation, fuzzy systems, datamining and pattern recognition.

Mobile App Development
Centennial College
Creating your own app? There's a class for that. This course teaches students to create custom phone applications for the modern, digital consumer, who often looks to his or her smartphone before they do their desktop computer. The course includes a pop-up 'hackathon', where students are challenged to create new apps for specific clients in 24 to 36 hours. Bon app-etit!

Digital Painting
George Brown College
Where did the time Van-Gogh? In a new age of artistry what better way to create the most modern masterpiece imaginable than with help a pressure-sensitive, digital drawing tablet? Students of this digital painting course will learn about custom brushes, speed painting and matte painting and receive guidance on how to create a lifelike human portrait all while using a computerized canvas.

Robotics
University of Alberta
What's a school of the future without a little C-3PO? Students taking this course will study a variety of robot-related topics such as visual robot manipulation, multi-robot systems, collective robotics and tele-robotics, and will team up with the Canadian Space Agency in a joint project focusing on mobile manipulation.

Corporate Sustainability
University of Waterloo
There won't be much of a future to enjoy without business leaders big and small stepping up their sustainable practices. This course delves into the ways in which sustainability issues and business operations have interacted in the recent past, and considers the broader sustainability challenges of the future.

The End of the World – From Apocalypse to Zombies
Dalhousie University
One cannot discuss the future of the world without considering the end of it. This course offers an introduction to this grim yet timely topic by reviewing and analyzing a selection of related narratives ranging from religious and prophetical writings to modern apocalyptic and post-apocalyptic fiction. Think war, famine, chaos,destruction, and of course, the undead.

-LIZ BEDDALL

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RUN YOUR OWN BUSINESS IN EARLY CHILDHOOD EDUCATION

ISTOCK

The start of a new year is a perfect time to get educated for a new career. If you love working with kids, the job of an early childhood educator may be for you.

Early childhood education is a great opportunity whether you're an entrepreneur looking for a career that you can make into your own business, or you're looking to upgrade to an in-demand skill set that will help you become a valued member of an existing organization.

There is a shortage of early childhood educators in British Columbia, in jobs including day care worker, preschool teacher and daycare owner.

The job is one of the single most important out there — to help future generations grow up safe and healthy, with a smart start to their education.

You'll create a nurturing emotional and learning environment to help children experience the wonder of music, reading, art, science and math concepts through the power of interactive activities that foster discovery and play.

Discipline and conflict management are another important part of the job, as you model positive and constructive problem solving and help children work through interpersonal conflicts.

The Early Childhood Education Certificate program at Vancouver Career College will help you gain the knowledge and skills you need for this rewarding career.

To find out more, visit Vancouver Career College online at studyece.vccollege.ca or call 1-800-993-4086.

NYIT students get to know the school and city they'll live in

Student orientation at NYIT Vancouver.
MIRANDA CABILADAS

In early January, close to 80 students hung suspended, feet dangling before a huge spherical screen as they were whisked across Canada.

The simulated flight ride at FlyOver Canada was the conclusion to their orientation at New York Institute of Technology's (NYIT) Vancouver campus.

"Our orientation creates a sense of community amongst the students because they realize they are all in the same boat and starting in the same place," says Logan Lorenz, academic support and student life coordinator, who organizes the two-day event.

Because many of NYIT's learners are international students, Lorenz says orientation not only serves as a welcome that covers the basics such as essential services but also delves into topics that include culture shock and life in Vancouver.

"These topics are important so that students who may feel isolated understand they aren't alone," he says. "And because we have a small campus it also gives us a chance to get to know the students."

Beyond planning orientation, Lorenz also assists students who are on academic probation and facilitates about 10 events per semester that are designed to get students involved. These gatherings include pizza lunches, sporting events such as Whitecaps games, hiking, day trips to Whistler as well as cultural celebrations such as Chinese New Year or Diwali.

"The events get students out to see something different and ensure they socialize," he says. "They create academic-social life balance."

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New tech courses on offer at Native Education College

In response to growth in the technology sector, Native Education College (NEC) has teamed up with Professional Quality Assurance (PQA) Testing Ltd. and PLATO Testing to offer a six-month software tester training program for Aboriginal learners.

"There isn't a lot of traditional software programs to begin with so the fact that this now exists is pretty unique," says Christin Wiedemann, co-CEO of PQA Testing, which designed and developed the curriculum for the offering and will also have its experts teaching classes in addition to NEC teachers. "The program is capped at 15 students and is very much focused on engaging the students and providing one-on-one time with the instructors."

Sandy Moore is the business program manager at NEC. She says this undertaking is the perfect opportunity for those who are interested in learning the practical skills and knowledge needed to enter the IT industry but lack experience.

"The software tester training program only requires applicants to have completed Grade 10 and be able to type 25 words-per-minute," she says. " There is also a literacy assessment. Young people or someone who is interested in technology but has never worked in the field and wants a career would benefit from the program, which has a paid internship that may lead to employment."

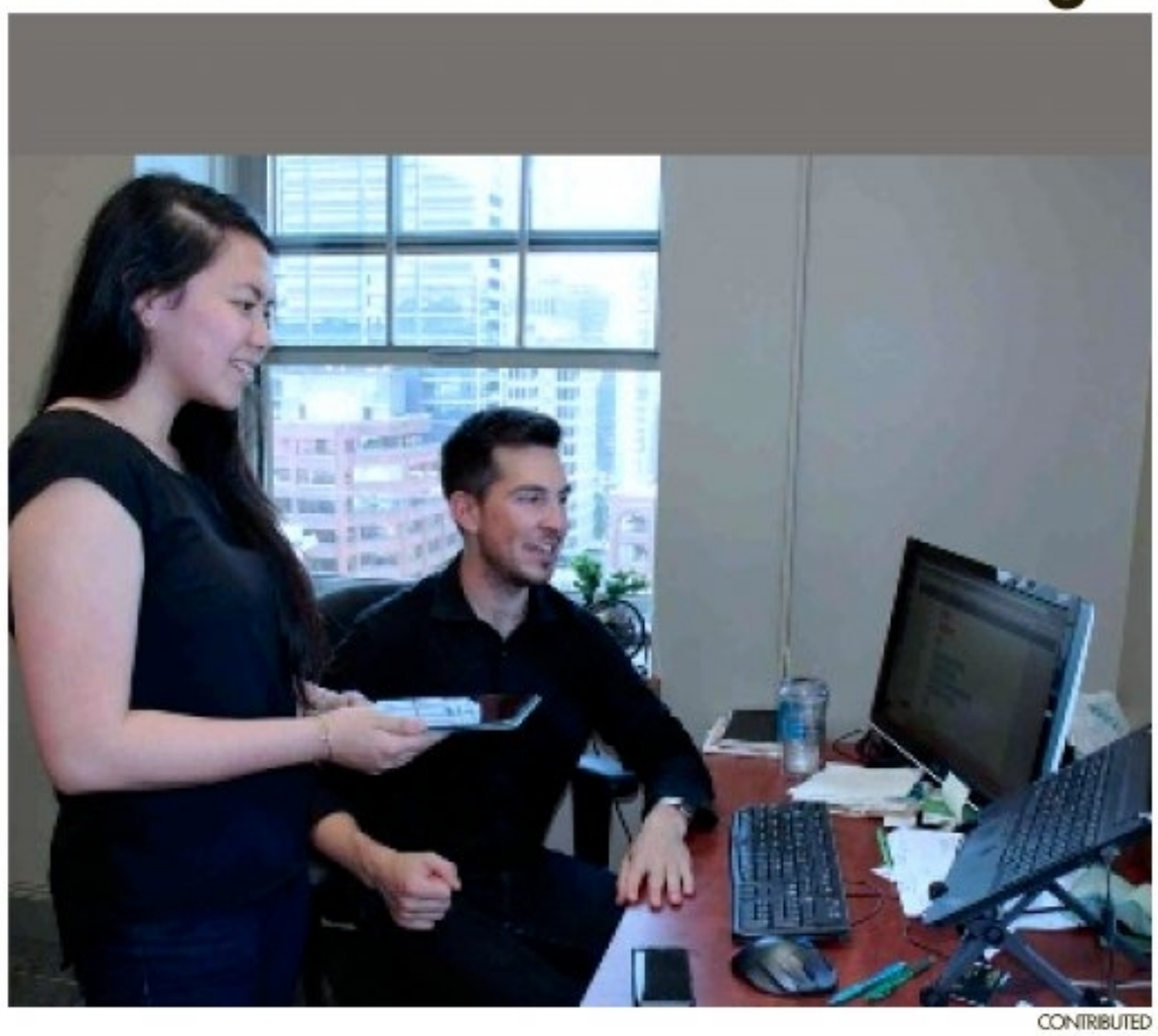
Of the program's six months, two are spent at PLATO Testing, an organization dedicated to providing Aboriginal people with education and information technology employment opportunities across Canada in the software testing industry. Keith McIntosh, who founded PQA in 1997, also founded PLATO Testing.

"The fact that the company trains students initially and then continues to train them while they are on the job leads to more opportunities," Moore says.

Once they complete the program, students are eligible to take an exam to become internationally certified as a software tester through the International Software Testing Qualifications Board (ISTQB).

"I would say it is really the only certification in software testing that is recognized and it gives them leverage in the field," says Wiedemann.

Registration for the program, which starts on Jan. 30, is still open. For more, visit necvancouver.org.



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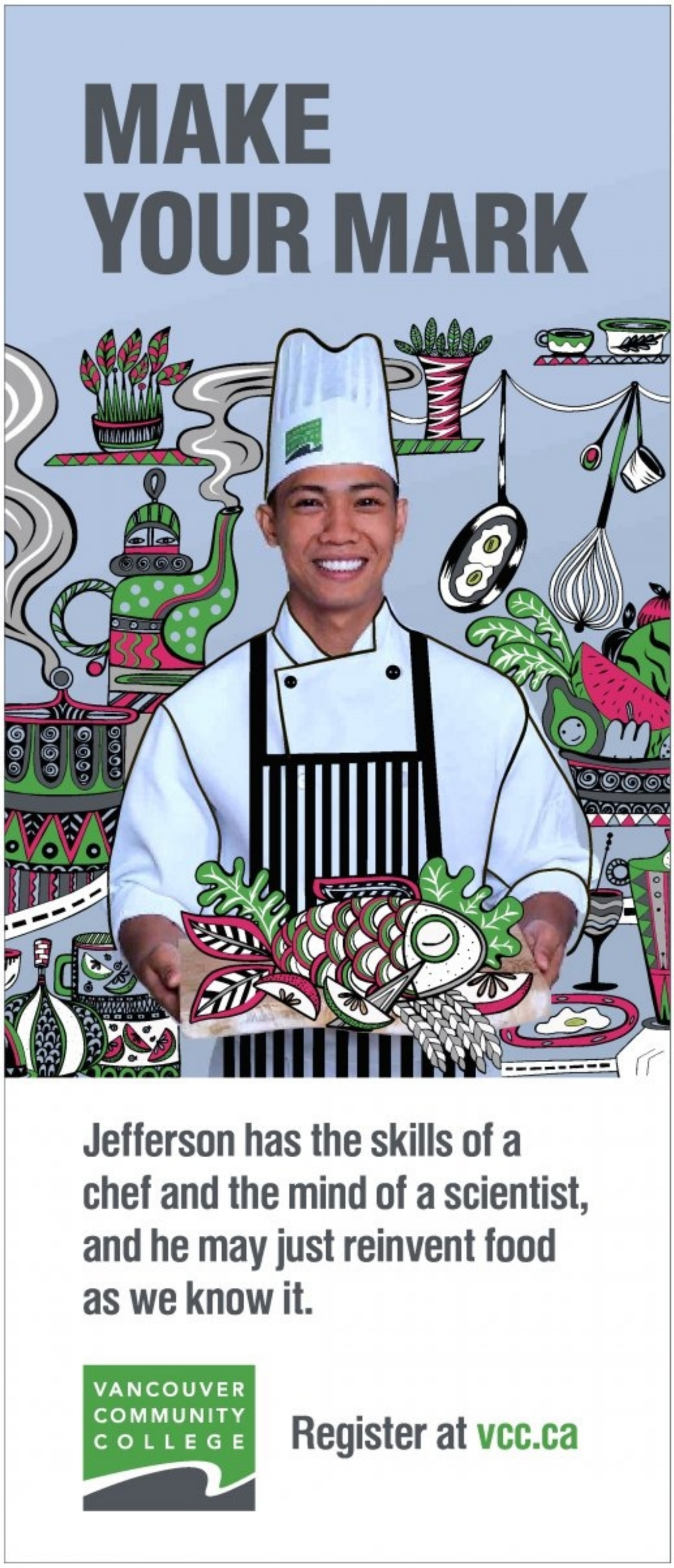
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ISTOCK

What can you expect from your second semester?

So you survived your first semester and came out relatively unscathed on the other side. Now Semester Two has swiftly begun and although the faces and places appear familiar, you can't shake the feeling that perhaps this one might be a little different from the last.

So are all semesters created equal or will there be a few curveballs to your curriculum this winter?

"In full-year courses, final assignments and exams tend to be weighted more heavily in this period than those in the first semester," says Gurbir Singh Junglee, course director in the department of humanities at York University. "This arrangement works to your advantage because you can address concerns flagged last semester when preparing for assignments and exams that count for more grades."

Joshua Greenberg Director of the School of Journalism and Communication at Carleton University, agrees that a student can expect assignments to become more challenging and complex in the second semester, but a solid first swing at bat will have given them a great foundation for sliding through to spring.

"By now, you have a full semester under your belts and have learned, perhaps the hard way, the importance of staying on top of your readings and assignments," Greenberg says. "Read your course outlines closely and create a weekly schedule that ensures you will be able to keep on track. Treat your courses like a job and set regular hours."

In some cases, such as in with Deborah Reyner, professor at Conestoga College in the advertising and marketing communications program, the switch in the second semester won't be as much found in the course load, but in the methods of study.

"Will they be pushed harder? No. But they will start to get serious about building their skills for clients and future careers, says Reyner. "The first semester was an intro and the base of marketing that they will need. This semester, we build on those skills and take on more specific advertising assignments."

In all cases, professors advise the success-minded student to carefully review their curriculums and to engage with as much enthusiasm as they did on day one. And if the semester is beginning to cause serious stress, students shouldn't hesitate to seek counsel.

"Universities and colleges have a broad range of support services for students who are experiencing academic difficulty," says Joshua Greenberg. "Familiarize yourself with your institutions services, and don't wait until you're in trouble to seek help."

metro SPORTS

"If you know someone it doesn't mean you agree with everything they say or they do": Tom Brady spoke to Boston radio about friend Donald Trump

Raonic's dream within reach

AUSTRALIAN OPEN

With top 2 seeds out Canuck has great chance to win a major

Not every tennis player quotes from Goethe on Twitter, keeps a journal and visits art exhibitions during tournaments.

Milos Raonic, though, has taken a slightly different path in life. He grew up playing tennis in snowy Canada, not sunny Florida. And his parents, immigrants from Montenegro, knew nothing about tennis. On long drives to tournaments, his father would quiz him with math problems, not break down his forehand.

The Canadian has many passions in life, but make no mistake, he's still very focused on his career goal — winning a Grand Slam. And with Andy Murray and Novak Djokovic now out of the draw at the Australian Open, the third-ranked Raonic is suddenly the highest seed remaining.

Is this his best opportunity to finally break through and win a major trophy?

"It sort of crosses your mind," he said after his 7-6 (6), 3-6, 6-4, 6-1 win over Roberto Bautista Agut in the fourth round on Monday.

"But it's very insignificant because there's a lot for me to even get past. I have some very difficult tasks ahead of me," said Raonic, who reached the Wimbledon final and the semi-finals at Melbourne Park last year. "I'm pretty intent on staying in that moment, in that sort of challenge one at a time."

Milos Raonic mingles with fans after win over Roberto Bautista Agut of Spain on Monday in Melbourne, Australia. CLIVE BRUNSKILL/GETTY IMAGES

Indeed, Raonic has a significant obstacle in front of him next, 14-time major winner Rafael Nadal, who defeated Gael Monfils in the fourth round.

After ending his season early last year because of a wrist injury, a rejuvenated Nadal has been playing inspired tennis in Melbourne. He also has a 6-2 record against Raonic, though the Canadian won their most recent match at the season-opening Brisbane International event.

The other concern for Raonic has been his health — he came down with a cold earlier in the tournament and was bed-ridden for a day. His timing seemed slightly off against Bautista Agut when he racked up 55 unforced errors and even uncharacteristically hurled his racket to the court midway through the third set.

But Raonic said he's on the mend and playing with new focus under his recently hired coach, Richard Krajicek.

Krajicek's addition at the start of the season was just the latest tweak by Raonic aimed at perfecting his game. In the past few years, Raonic has been coached by Riccardo Piatti and former pros Ivan Ljubicic and Carlos Moya, and during Wimbledon, he hired John McEnroe as an adviser on a temporary basis.

Then, at the start of this year, he parted ways with Moya (who has since joined Nadal's team) and brought on Krajicek. The reason: to help him solve the riddle of the only two players ahead of him in the rankings — Murray and Djokovic. He has a combined 3-17 record against the two.

"I don't think I'm ever going to be the best guy from the baseline by any means, especially not against them," he said before the Australian Open. "If I'm going to take it to them, it's by coming forward. So I wanted to improve in that aspect."

Raonic has been effective at net thus far in Melbourne; he tried serve-and-volleying against Gilles Simon in the third round, winning 20 of 32 approaches. Now, he'll see if he can keep moving forward against Nadal and take another step toward the trophy. THE ASSOCIATED PRESS

> **"I have some very difficult tasks ahead of me.**
> Raonic on his chances of winning the Aussie Open. He faces Rafa Nadal next.

MLS

Frontman Reyna signs for 'Caps

The Vancouver Whitecaps have signed Peruvian international striker Yordy Reyna, the team announced Monday.

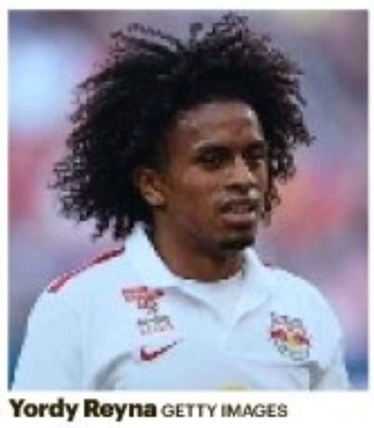
The 23-year-old joins the Major League Soccer club from Austrian Bundesliga champions FC Red Bull Salzburg. Reyna, who can also play in midfield, was acquired using targeted allocation money.

He has agreed to a contract through the 2018 season, with team options for both 2019 and 2020. "Reyna is an exciting, hard-working, young talent, and we are thrilled to add him," Vancouver head coach Carl Robinson said in a press release. "He's very direct with the ball, he can make the final pass, and he can score goals. He has all the attributes we want."

Reyna scored 14 times in 41 appearances over three plus seasons in Austria with Salzburg and SV Grodig. He also has two goals in 17 appearances for his country. While he isn't the big-name forward Whitecaps fans have been pining for since Camilo Sanvezzo left Vancouver following the 2013 season, the club will be hoping five-foot-seven Reyna can help a sputtering attack.

Reyna, whose deal with Vancouver is pending the receipt of his work papers, will occupy an international roster spot, but the club still has two designated player slots to fill with training camp set to open in Wales this week.

The Whitecaps' biggest off-season move to date was the decision to cut ties with captain and playmaking midfielder Pedro Morales. The club's highest-paid player was named the top newcomer in MLS in 2014, but injuries and inconsistent performances the last two years sealed his fate. THE CANADIAN PRESS



Yordy Reyna GETTY IMAGES

NHL

Smith extends his stay with Senators

The Ottawa Senators have signed forward Zack Smith to a four-year contract extension worth US$13 million.

The Senators said in a release that the extension through the 2020-21 season carries an annual average value of $3.25 million per year.

Smith, 28, has 11 goals and 11 assists in 43 games this season and is averaging a career-high 16 minutes 13 seconds per game.

Zack Smith GETTY IMAGES

The native of Maple Creek, Sask., set career highs with 25 goals and 36 points in 2015-16. He has 75 goals and 61 assists In 443 NHL games, all with the Senators.

Smith was Ottawa's third-round pick (79th overall) in the 2008 NHL Draft. THE CANADIAN PRESS

IN BRIEF

Royals' pitcher Ventura honoured in his homeland

Dozens of children wearing blue T-shirts with the name "Ventura" on the back gathered at a coastal home to pay respects to their idol: Yordano Ventura. The town has declared two days of mourning.

The Royals pitcher died Sunday in a car crash in his native Dominican Republic, where he was known for practicing with his former youth baseball team every time he visited home. THE ASSOCIATED PRESS

NBA

Heat end Warriors' seven-game streak

Dion Waiters' 3-pointer with 0.6 seconds left capped his 33-point effort, and the Miami Heat beat Golden State 105-102 on Monday night to end the Warriors' seven-game winning streak.

The Heat wasted a 10-point lead in the final 4 minutes, and Kevin Durant tied the game on a dunk with 11.7 seconds left. With no timeouts, Waiters walked the ball up the court and drilled what became the game-winner over Klay Thompson.

Stephen Curry missed a 3-pointer as time expired for the Warriors. Goran Dragic scored 19 points for Miami (15-30), which finished a 4-0 homestand. Luke Babbitt added 11, and Hassan Whiteside had 10 points and 15 rebounds. THE ASSOCIATED PRESS

MONDAY in Miami

HEAT	WARRIORS
105	102

Hadwin hopes big day sets 2017 trend

PGA TOUR

B.C. linksman riding high after Canadian record 59 score

A routine putt had Adam Hadwin rattled.

All that stood between the Canadian golfer and a third-round score of 59 at the PGA Tour's CareerBuilder Challenge on Saturday was a three-foot putt on the 18th hole. A shot that he's made time and time again over his golf career suddenly seemed daunting with history on the line.

"It's amazing that it came down to that one putt basically. I was extremely nervous, I was shaking," Hadwin said Monday. "The first thought that entered my mind was, 'don't miss,' and the second thought was that I had done it thousands of times and I just needed to do it once more, and finish off the good round."

Hadwin made the shot, becoming just the eighth golfer, and first Canadian, to shoot a round below 60 on the PGA Tour.

Hadwin's previous lowest round in competition was 62 at a Mackenzie Tour-PGA Tour Canada event early in his pro career. He admitted he was thinking about history and doing the math in his head on Saturday.

"You don't get into that rhythm or mindset very often," he said. "It didn't seem to matter what I did. If I was putting from eight, 10, 16, or 20 feet, I made everything."

Hadwin ended up second at the CareerBuilder Challenge, earning just over $626,000 US. He said celebrations were muted after his historic round as he knew he was entering Sunday's final 18 with a chance to win a PGA title.

Adam Hadwin is back in the PGA Tour field this week at San Diego's Farmers Insurance Open. JEFF GROSS/GETTY IMAGES

"I had dinner and went to bed, the same thing I did all week," Hadwin said. "My father is down here, my fiancée travels with me, and I had my godfather here. We went home, had some steaks and a glass of wine with dinner. Nothing changed."

> **I was extremely nervous, I was shaking.**
> Adam Hadwin on hitting his putt to secure a 59.

Hadwin nailed a lengthy birdie putt on the 17th hole Sunday to come into the final hole of the tournament just one shot back of the lead. But couldn't convert a birdie on the 18th as Hudson Swafford captured his first PGA Tour title.

Hadwin knocked in a tricky shot for par to secure second place and his highest payday on Tour.

This was the second year in a row Hadwin was in the final group at the CareerBuilder Challenge. He said he feels comfortable playing golf in the desert and is familiar with the courses in La Quinta, Calif.

He also said the Canadian fan support was special.

"There was a lot of support, and I think it helped. It made me feel pretty good about what I was doing, and it definitely adds to my confidence," he said.

There will be time for more celebrations soon. Hadwin and his partner Jessica Dawn will be married in March in Phoenix. He proposed in May in a game of hangman, spelling out "Will you marry me" in blank spaces as the puzzle's solution.

"Everything is coming together, but I'm going to take zero credit for everything so far," he said with a laugh.

Hadwin has been on the PGA Tour since 2015 after he won twice on the Web.com Tour circuit and earned full status thanks to his position on the money list. His previous best finish on the PGA Tour was a tie for fourth at the 2011 RBC Canadian Open at Shaughnessy Golf and Country Club in Vancouver, about an hour away from where he grew up in Abbotsford, B.C.

He said his result Sunday is going to be good for his confidence this season.

"The first couple of days I felt like I was playing pretty well. But to make everything on Saturday and have one of those days, it got me back into the tournament and I created a little history in the round as well," he said. "I was happy to be in this position early in the year. It sets me up for future events, shows I can compete, hang in there, and have a chance to win golf tournaments."

THE CANADIAN PRESS

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AUTO RACING

NASCAR overhauls race, playoff format

NASCAR is dramatically changing its format, cutting every race into stages in hopes of making every lap matter.

The overhaul announced Monday assigns three stages to every race. The top 10 drivers at the end of Stage 1 and Stage 2 will be awarded points on a 10-through-1 scale and there will be a break after each segment. The third portion will be for the overall win, and although traditional point scoring will be applied for that stage, the win will be worth 40 points. The rest of the field will be scored on a 35 to 2 scale, and positions 36th to 40 will only receive 1 point.

> **Every lap of every race matters.**
> NASCAR driver Denny Hamlin

Bonus points accumulated through the 26-race season can be used in the 10-race playoff.

THE ASSOCIATED PRESS

IN BRIEF

Raptors' top scorer DeRozan out for 2 games

Toronto Raptors guard DeMar DeRozan will miss at least two games with a sprained right ankle.

DeRozan suffered the injury in the fourth quarter of Toronto's 115-103 loss to Phoenix Suns on Sunday.

Toronto, which has lost three straight games, hosts San Antonio on Tuesday before heading to Memphis on Wednesday.

DeRozan is scheduled to start in next month's NBA all-star game. THE CANADIAN PRESS

F1 revamps from the top

Bernie Ecclestone's reign at Formula One ended after Liberty Media officially completed its takeover of the series on Monday, and named American Chase Carey as the new chief executive.

Carey acted quickly by naming former Mercedes team principal Ross Brawn as managing director of motorsports, a move that is expected to be widely welcomed as the series prepares for a set of rule changes. THE ASSOCIATED PRESS

AFRICA CUP OF NATIONS

Algeria bows out as Tunisia progress

Algeria was eliminated from the Africa Cup of Nations in a goal rush in the final games in Group B on Monday. The one-time title contender drew 2-2 with Senegal and saw Tunisia go through to the quarter-finals in its place by beating Zimbabwe 4-2.

Ten goals flew in at the culmination of the group in Gabon but Algeria's fate was effectively sealed quickly when North African rival Tunisia went 2-0 up very early over the Zimbabweans with strikes from Niam Sliti and Youssef Msakni. Algeria needed Tunisia to lose in Libreville to have a chance of progressing to the quarters. Senegal had already qualified for the quarter-finals coming into the games.

In Franceville, Algeria twice led Senegal but Senegal twice equalized, leaving Algeria to exit the tournament without a win.

Two of the four quarterfinal lineups have been decided: Tunisia will play Burkina Faso, and Senegal will play Cameroon.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Zesty Artichoke and Spinach Roll-Up Lasagna

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This updated classic packs a healthy dose of veggies.

Ready in 55 minutes
Serves 6

Ingredients
- 1 box (13.25 oz) lasagne sheets, fresh, pre-cooked or cooked
- 2 cups tomato sauce
- 2 cups fresh baby spinach
- 2 cups ricotta cheese
- 1 cup grated Parmesan
- 1/2 to 1 (6 oz) jar artichoke hearts, drained
- 1 egg
- 1/2 tsp salt
- 1 cup grated Fontina cheese, divided
- 1 cup grated mozzarella cheese

Directions

1. Preheat the oven to 350. Ladle thin layer of sauce on bottom of a 9' x 13' inch baking dish.

2. In food processor, add spinach, ricotta, Parmesan, artichoke, egg and salt and process until creamy.

3. Create a rolling station by laying noodles out on a flat surface (lined with parchment) and mix Fontina and mozzarella in a bowl. Take a heaping Tbsp ricotta mixture and create a thin layer across the entire lasagna noodle. Sprinkle with Fontina and mozzarella mix.

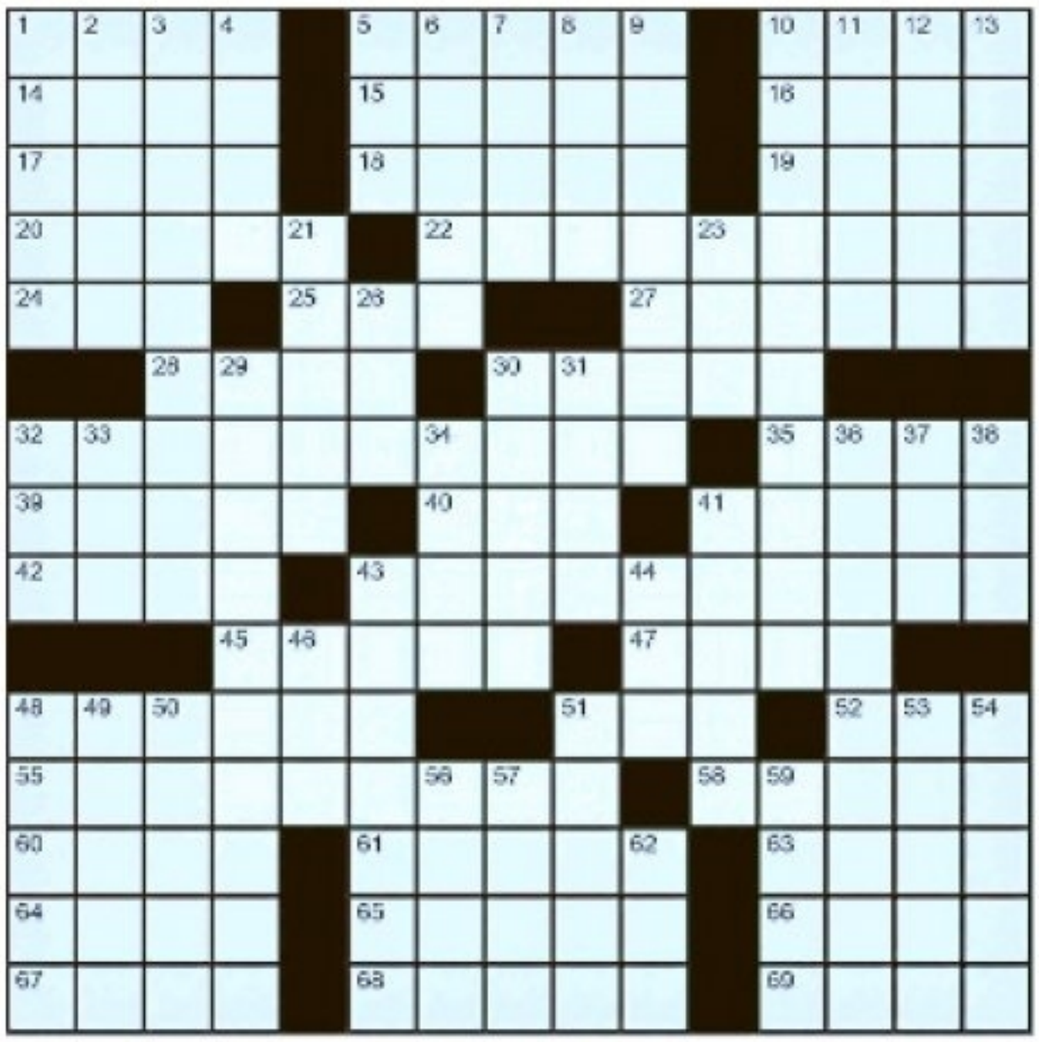
4. Gently roll up noodle from one end to the other. Place roll-up seam side down in the prepared baking dish and repeat until all the lasagna noodles are filled. Pour more tomato sauce over lasagna roll-ups and sprinkle with remaining Fontina and mozzarella mix.

5. Loosely cover the baking dish with aluminum foil, and bake for 15 minutes. Remove foil, bake for another 15 minutes. Garnish with parsley if desired.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Rested, _ _ bit
5. Q. "Do you know _ '_' is a Taylor Swift album?" A. "Yes, and it was released in 2012."
10. Dog breed, _-Pei
14. Sound in the famous Alka-Seltzer commercial song
15. "_ _ go on?"
16. Mariah Carey hit
17. The _ (Famous mountains in Europe)
18. Varieties
19. Casino likelihoods
20. Ten Commandments receiver
22. Calgary's famous annual events
24. Scand. land
25. Mr. Sajak
27. Menswear designer
28. House, hip-style
30. Marshy water in Louisiana
32. Emergency 'beds' in hospitals
35. Quite
39. Feudal lord
40. Build up the barracks
41. Christina Aguilera's "_ in a Bottle"
42. Himalayas legend
43. Super swift dogs
45. Musical group of nine
47. City in Quebec
48. Big desert
51. High deg.
52. "You're it!" game
55. Transversely
58. Lightly fry
60. Ms. Downey of "Touched by an Angel"
61. Angered
63. _-Raspberry (Ocean Spray flavour)
64. Ed of "Daniel Boone"
65. Consumer advocate Ralph
66. Gent's gender
67. City's green area
68. Surnamesakes of Will who portrayed Grandpa on "The Waltons"
69. Letters to follow Kays

DOWN
1. Markets via unwanted email
2. Grant
3. Classified: 2 wds.
4. Basilica area
5. Fountain filler
6. Canadian songstress of "Mushaboom"
7. Broadway musical
8. Scandinavian tale
9. Lets down
10. Two words to complete Toronto attraction 'The Bata'
11. Ms. Hopper of Hollywood's heyday gossip
12. "I Would Die for You" singer Jann
13. Actress, Portia de _
21. Cattiness
23. Quid Quo link
26. ...D, E, F, G
29. Prairie place, partially puny-ly: 2 wds.
30. Brimless cap
31. Drill Sergeant's force
32. Mr. Stallone, to pals
33. Fasten
34. Competitor in fables
36. Artificial
37. "El _" (1961)
38. Fellows
41. Olympic champ's hauls
43. Eating away at
44. "You're such a comedian."
46. Surgeon's work in them, for short
48. Abandon, as junk
49. Fragrance
50. Bart Simpson's dad
51. _, Paul and Mary
53. In the least
54. Trait carriers
56. Latin hymn, with Dies
57. "Smooth Operator" singer
59. Wile E. Coyote supplier
62. Julia's actor brother/Emma's father ...his initials-sharers

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's important to know that your interactions with others will benefit you now. Therefore, be friendly with others. Join classes, groups, clubs and organizations.

Taurus April 21 - May 21
With the Sun at the top of your chart, you'll look good to bosses, VIPs, parents and people in authority (including the police). This means this week is a good time for you to go after what you want.

Gemini May 22 - June 21
Grab every chance to travel, because you need a change of scenery. Of course, by nature, you are curious. You love variety and stimulation.

Cancer June 22 - July 23
Now is the time to focus on red-tape items like inheritances, wills, shared property, taxes and insurance issues. Wrap up what you can.

Leo July 24 - Aug. 23
You need more sleep this week. This is also a good time to observe your style of relating to others. Perhaps you can learn something from this.

Virgo Aug. 24 - Sept. 23
Because you have high standards for yourself, you will want to work efficiently so that you can be as productive as possible — go with this urge! Make hay while the sun shines.

Libra Sept. 24 - Oct. 23
This whole week is a lovely and playful time for you. Enjoy sports events, social times with friends, playful activities with children and the arts. Romance might blossom, too!

Scorpio Oct. 24 - Nov. 22
Your focus on home, family and your personal life continues at this time. In fact, your interactions with a parent could be significant. Relax and cocoon at home if you can.

Sagittarius Nov. 23 - Dec. 21
Accept the fact that the pace of your day is accelerating with short trips, errands and increased reading and writing. You're busier than a termite in a yoyo.

Capricorn Dec. 22 - Jan. 20
You're never casual about money. And of course, you hate waste. That's why you're giving your cash flow and earnings a lot of thought now.

Aquarius Jan. 21 - Feb. 19
This is a strong time for you, which is why you easily attract the attention of others. Not only do you attract people to you, you also can attract favorable situations.

Pisces
Feb. 20 - March 20
Work alone or behind the scenes today, because this is a quiet time for you. Research of any kind will go extremely well

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3	7	9	5	6	8	4	1	2
1	4	5	2	7	9	6	8	3
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2	3	8	7	1	5	9	6	4
8	9	4	3	2	1	7	5	6
7	2	3	9	5	6	8	4	1
5	6	1	8	4	7	2	3	9

On January 25, let's talk.

On January 25, Bell will donate 5¢ more to mental health initiatives for every:

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bell.ca/letstalk

Bell Let's Talk

Howie Mandel

*Mobile calls, long distance calls and text messages must be made and sent by a subscriber. Regular charges apply.